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TMI LCN CHAPTER:
MCLEAN VA

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Conscious Exploration Group - Parvin Soltani Goldberg

I was exposed to The Monroe Institute by an active TMI friend during 1998 in Peru. I then attended Gateway in January 2001, in the middle of a rough and challenging divorce. After Gateway I understood Bob Monroe's intent in creating such wonderful programs for us to use and learn. I took 7 programs in the first 2 years and with each program I learned more about myself.

I like to take a minimum of one program per year.

I am now at the point of maybe starting from Gateway again and repeating the programs, which will be at a different point of view and understanding.

I completed my Chapter Leader Certification and became the D.C. Metropolitan Local Chapter Leader in 2010, 9 years after attending Gateway.

I started Hemi-Sync®, guided meditation gathering in June 2005, in my home and I experimented with two different groups, my Persian friends and TMI LCN group, on different days.

Saturday am. or pm, it didn't work, so I changed the date to every, Sunday am. for the TMI group, and pm. for my Persian friends, since a few were attending.

Twice on Sundays, made me exhausted and I was getting very tired for my 8-6 daily job, the next day. So I don't recommend it.

The host's energy reflects the friends who come.

I stopped doing the Sunday mornings and kept every Sunday, 4-6 as one united group, with light refreshment and hot tea.

I send out an email to the group every Tuesday, including schedule changes and announcements. I also add a visual photo with words of wisdom, TMI program explanations, or, a positive message.

The weekly gathering always starts with announcements.

In case I have a first timer, I explain the TMI prep-steps and in case the CD doesn't have resonant tuning, we start with few resonant tunings to clean and clear before starting the meditation.

We start our meeting with 3-5 minutes of soft music from a Hemi-Sync® Metamusic® title, followed by a guided Hemi-Sync® or SAM, meditation CD. I use an iPod with Bose wireless speakers in the middle of the room, with chairs positioned around.

We always debrief after which is a profound way of learning from each other.

A few times a year on special occasions, we have pot luck.

One thing that has been very successful and attracting lots of attendants, is my monthly speakers. For example, last Sunday I invited a physician friend, who attends the gathering and has spoken before to speak, and she chose " Anatomy of Health."

Whenever any friends return from a TMI program, we always allow a few minutes for them to talk about the program and their experiences.